

National Diabetes Education Program

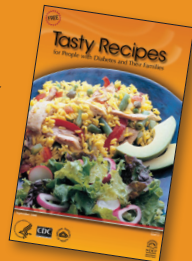
TROPICAL FRUITS

Fantasia



***It's more than food. It's Life.
Más que comida, es vida.***

Would you like to enjoy other tasty recipes? The NDEP's recipe booklet, *Tasty Recipes for People with Diabetes and Their Families* (Ricas recetas para personas con diabetes y sus familiares), has recipes specifically designed for the Latin American palate.



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NDEP-122

TROPICAL FRUITS Fantasia

The tropics offer a great variety of fruits that will make this delicious and colorful recipe stand out; it will also make your mouth water even before tasting it! Total servings: 3.

Ingredients:

8 ounces fat-free, sugar-free orange yogurt
 5 medium strawberries, cut into halves
 3 ounces honeydew melon, cut into slices
 (or ½ cup cut into cubes)
 3 ounces cantaloupe melon, cut into slices
 (or ½ cup cut into cubes)

1 mango, peeled and seeded, cut into cubes
 1 papaya, peeled and seeded, cut into cubes
 3 ounces watermelon, seeded and cut into
 slices (or ½ cup cut into cubes)
 2 oranges, seeded and cut into slices
 ½ cup unsweetened orange juice

Directions:

- Add yogurt and all fruits to a bowl and carefully mix together.
- Pour orange juice over fruit mixture.
- Mix well and serve ½ cup as your dessert.

Exchanges: Fruit 2 3/4 Milk 1 Note: Diabetic exchanges are calculated based on the American Diabetes Association Exchange System.	Nutrition Facts Tropical Fruits Fantasia Serving Size.....½ cup		Amount Per Serving: Calories.....170 Calories from fat.....5
	% Daily Value (DV)* Total Fat 0.5g.....1% Saturated Fat 0 1.5g8% Trans Fat 0g Cholesterol 0mg	Sodium 40mg.....2% Total Carbohydrate 41g.....14% Dietary Fiber 5g.....20% Sugars 30g Protein 4g	Vitamin A.....50% Vitamin C.....230% Calcium.....15% Iron.....2% <small>* Percent Daily Values are based on a 2,000 calorie diet.</small>

Order or download copies of the Más que comida, es vida. materials and the recipe booklet at www.cdc.gov/diabetes/ndep, or call 1-888-693-NDEP.